



Twin Creeks TRIBUNE

June 2013

Volume 6, Issue 6

Official Publication of the Twin Creeks Homeowner's Association

TWIN CREEKS NEIGHBORHOOD WATCH

Twin Creeks Neighborhood Watch is pleased to announce that the Neighborhood Watch Sign project is complete. Last year majority of our signs were put up at most of the subdivision entrances. Unfortunately the county was unable to put any of the signs in The Reserve section of Twin Creeks.

Thanks to continued hard work and effort by our HOA, the county was able to come and install signs throughout The Reserve on Thursday, May 2nd. Additionally, they installed new larger signs at all three entrances into Twin Creeks.

We would like to welcome Tom & Renee Leibman for volunteering to become the block captains for Mingus Drive!

If your street still doesn't have a captain, please consider volunteering. *Please contact Terra Tisdale at ttisdale61@gmail.com to volunteer.*

The following streets are still looking for block captains:

The Park – Beeleigh Ct., Durlston Ct., & Tattler Dr.

The Gardens – Ben Doran Ct.

The Reserve – Crystal Hill, Granite Ct., Millstream & Sugar Maple Ct

SAFETY TIPS OF THE MONTH

With summer also comes an increase in the crime rate. Let's join together and make sure we are doing our part to keep "the bad guys" out of Twin Creeks.

- If you don't have motion detector lights, consider installing them. Motion detector lights should be around the outside of your house, including side doors, garage doors and even your balcony.
- If your vehicles aren't parked inside of your garage, make sure you keep them locked at all times. The "bad guys" are less likely to break into vehicles that are locked

Pet Food Drive



Please support the Eagle Scout Project of Wesley Foreman II by donating pet food to benefit the Austin Pet Food Bank. Wesley Foreman II is a Boy Scout in Troop 1407, Episcopal Church of the Resurrection, Austin, Texas.

Wesley will be collecting pet food donations at Petco-Lakeline, 14010 North U.S. Hwy. 183, on June 8th and 9th from 11 a.m. – 5 p.m. and June 15th from 11 a.m. – 3 p.m. and 4 p.m. – 9 p.m. For more information, please contact Sandra or Wesley Foreman at sanforeman@hotmail.com or 512-924-6563.

The Austin Pet Food Bank helps animals in need by collecting and distributing pet food and supplies to the elderly and families who have difficulty feeding their pets. The Austin Pet Food Bank helps to keep animals placed in their homes which decreases the number of homeless animals and gives the elderly some needed companionship.

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ADVERTISING INFO

Please support the businesses that advertise in the Twin Creeks Tribune. Their advertising dollars make it possible for all Twin Creeks residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 8th of each month for the following month's newsletter.

CLASSIFIED ADS

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Twin Creek residents, limit 30 words, please e-mail twincreeks@peelinc.com

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or advertising@PEELinc.com.

LOCAL ANIMAL ADOPTION CENTER HOSTS 5th ANNUAL BOWL-A-THON

Texas Humane Heroes Hosts 5th Annual Bowl-a-thon Fundraising Event!

Texas Humane Heroes, formerly known as the Humane Society of Williamson County, invites community members to join in the fun at the 5th Annual Bowl-a-Thon fundraising event on Saturday, July 13, 2013 from 1:00 - 4:00pm, held at Mel's Lone Star Lanes in Georgetown, TX. The goal of this family-fun event is to raise life-saving funds in an effort to end pet homelessness throughout Central Texas.

Bowlers are encouraged to register in advance at www.TexasHumaneHeroes.org/bowl. Register as an individual for \$25 or for a 4-person team and save! Registration includes three games of bowling, shoe rental, team and door prizes, and much more fun all for a great cause. A large silent auction and a raffle for a new Kindle Fire HD will also be hosted at the event for more fundraising opportunities.

"We are so excited to host our 5th Annual Bowl-a-Thon as this event has always been such a great

success and the perfect summer activity to beat the heat!" said Eran Fehily, Director of Community Relations and Development. "In addition to this fun, community event, there are great sponsorship opportunities for local businesses to gain great marketing exposure all while supporting a terrific cause!"

Presenting and Lane Sponsorship opportunities are available for local businesses to participate in the event, as well. Additional information can be found at www.TexasHumaneHeroes.org/bowl.

For further information or to register as a participant or sponsor for the 5th Annual Texas Humane Heroes Bowl-a-Thon on July 13th from 1:00 - 4pm held at Mel's Lone Star Lanes, 1010 N Austin Ave, Georgetown, TX, please visit www.TexasHumaneHeroes.org/bowl or call 512-260-3602.

Texas Humane Heroes Background Information

The mission of Texas Humane Heroes is to provide innovative programs and services to eliminate pet

homelessness and to improve the lives of pets and people throughout Central Texas. Formerly known as the Humane Society of Williamson County (HSWC) and the CenTex Humane Society Second Chance Adoption Center, the organizations combined resources and merged into Texas Humane Heroes on in January 2013. Supporting two adoption centers in Central Texas, Texas Humane Heroes has locations in Leander and Killeen, Texas. Texas Humane Heroes is a not-for-profit 501(c)(3) organization, 100% funded by donations, grants and modest fees for services and receives no government funding. The corporate office is located at 10930 E. Crystal Falls Parkway, Leander, Texas. For more information, please visit www.TexasHumaneHeroes.org.



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- ⌘ *Agent on the top Keller Williams Team in Austin, The Austin Real Estate Experts*

TWIN CREEKS COMMUNITY STATS:

SECTION (BY LOT WIDTH)	PRICE RANGE*	HOMES FOR SALE*	HOMES PENDING*	HOMES CLOSED*	\$/SQUARE FOOT*	AVG DOM*
GARDENS 50'	\$219-\$295	1	2	1	\$129.09	1
PARK 60'	\$260-\$397	2	0	2	\$117.48	46
ENCLAVE 60'	\$293-\$449	2	1	4	\$99.76	81
RESERVE 60'	\$295-\$453	1	3	0	NA	NA
BLUFFS 70'	\$255-\$390	0	0	1	\$93.59	186
GARDENS 70'	\$297-\$428	0	0	2	\$104.74	65
ENCLAVE 70'	\$394-\$412	0	0	1	\$113.09	44
CANYONS 80'	\$419-\$450	1	0	1	\$99.91	73
OVERLOOK 80'-100'	\$500-\$552	0	1	0	NA	NA
RESERVE 90'	\$460-\$669	2	1	1	\$126.18	21

*All information obtained from Austin MLS Data searching 3 months prior to 2/8/13



Interested in relocating within Twin Creeks? Call now to ask me about my move up program!





Older Adults Express Anxiety In Different Ways

While there are several factors that can cause anxiety in older adults, it can be difficult to identify because they express anxiety in unique ways, according to an expert at Baylor College of Medicine. According to Dr. Melinda Stanley, professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM, common types of anxiety disorders in adults include:

- Generalized anxiety
- Specific fears and phobias
- Social phobias
- Post-traumatic stress disorder

Anxiety symptoms that older adults and their family members should watch for include:

- Shortness of breath
- Increased heart rate
- Dizziness
- Difficulty sleeping
- Muscle aches and pains

Anxiety is not a normal part of aging and can be treated. The first important step is to have a physical exam. Cognitive behavioral therapy is a treatment option that teaches learning skills to manage anxiety. Skills that can help reduce anxiety include relaxation, changing thoughts, facing fears, learning how to solve problems and learning behaviors to improve sleep.

DON'T BUY A BOAT
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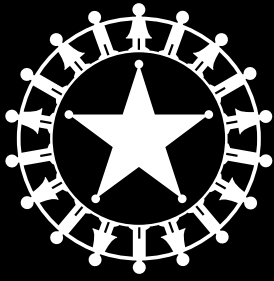
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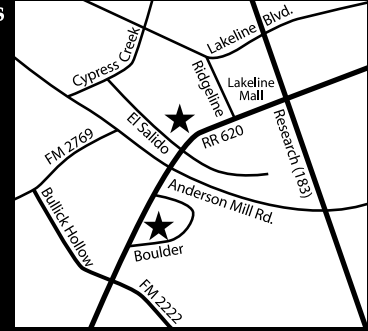
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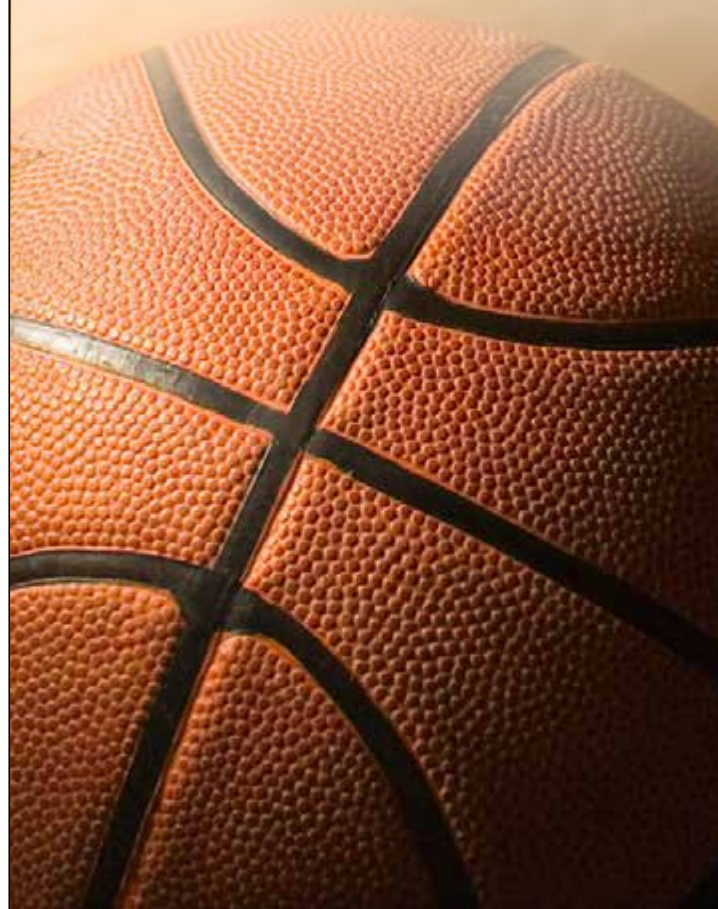
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TENNIS

TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How to Execute The Forehand Service Return

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley and the overhead “smash”.

In this issue, I will offer you instructions on how to execute the second most important shot in the game of tennis: The Service Return, since it is the response to the first most important shot of the game: The Serve. In the illustrations, Ken Comey, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

Step 1: The Ready Position: When Ken is getting ready to return the serve, his eyes are focused on the tennis ball held by the opponent. Knees are relaxed and the hands are holding the racket with a relaxed grip.

Step 2: The Split Step: When the opponent tosses the ball into the air, Ken will take a hop with both feet off the ground, trying to time the split step with the contact of the ball on the opponent’s racket

Step 3: The Back Swing: Once Ken realizes that the ball has been directed to his forehand, he will turn his upper body

and will take the racket back. Notice that the left hand is up in front to allow him to keep his center of gravity in the center. He has loaded his weight on his right foot and will be ready to step forward to meet the ball

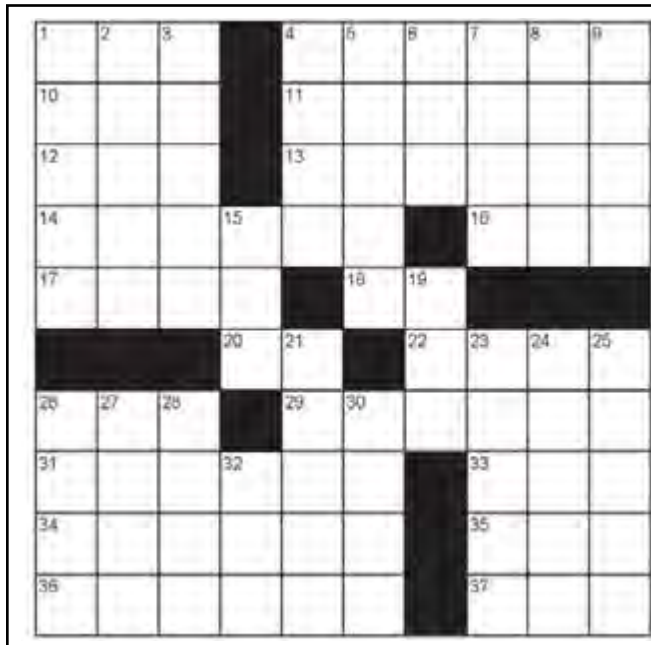
Step 4: The Point of Contact: Ken now is ready to step into the ball. He has kept his eye on the ball and his center of gravity now is shifted to the point of contact. Notice the left knee being slightly bent and the left foot is pointing to the ball meeting the racket

Step 5: The Extension of the Point of Contact: Ken is now directing the ball toward the opponent’s court. His eyes have now shifted toward his target and his body weight is now fully in front of his left foot. The left hand is still helping to keep the center of gravity in the center without opening up too early.

Step 6: The Follow Through: Once Ken has finished his stroke, the momentum of the racket continues to move almost to a point behind his neck. His left hand is next to his body and his right elbow is pointing toward his target. His body is now ready to take the “split step” with both feet in order to prepare for the opponent’s returned shot.

Look for in the next Newsletter: The Two Handed Backhand Service Return

CROSSWORD PUZZLE



ACROSS

1. Unrefined metal
4. Young pigeons
10. Gender
11. Australian
12. Alternative (abbr.)
13. Climbing
14. China stone
16. Hoopla
17. Shaft
18. Teacher's assistant, for short
20. Doctor
22. Believe
26. Terminal abbr.
29. Skin problem
31. Infamous Nazi concentration camp
33. Tear
34. Wring
35. Sick
36. Work fussily
37. Hurricane center

DOWN

1. City
2. Mellow
3. Worship
4. Japanese dress
5. Fivesome
6. Ship initials
7. Continent
8. Tie
9. Segoe lily's bulb
15. Limb
19. Wood tool
21. Sea jewel
23. Spooky
24. Author Dickinson
25. Tree
26. Eve's garden
27. Cab
28. Acting (abbr.)
30. Nice looking
32. Pig

View answers online at www.peelinc.com

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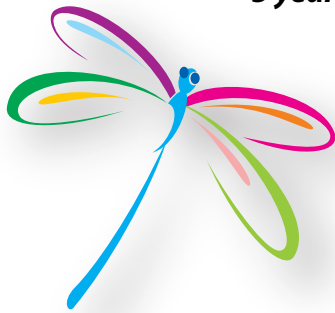


COLIN'S HOPE
WATER SAFETY TIPS AT
WWW.COLINSHOPE.ORG



*5 years ago this month, Colin Holst tragically and silently drowned at the age of 4.
10 Texas children have already drowned this year.*

Be a Water Guardian and help prevent children from drowning.



Ongoing: Volunteers needed to stuff and distribute water safety packets info@colinshope.org

Ongoing: Colin's Hope Athlete Ambassadors needed! <http://www.tinych.org/signup>

Now-June 18: Discount Schlitterbahn Tickets for sale. <http://www.tinych.org/tickets>

June 18: World's Largest Swim Lesson at Schlitterbahn Waterpark New Braunfels

July 1: Colin's Hope Got2Swim Lake Austin 4 Miler (solo or relay) <http://www.tinych.org/got2swim4>

July 21: Colin's Hope Kids Got2Swim Pure Austin Quarry Lake <http://www.tinych.org/got2swimkids>

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- Kids Stuff -



You're very excited — your mom and dad promised to take you on a fun camping trip this year. Or maybe your scout group is gearing up for an awesome canoe trip. Enjoying the beauty and nature of the woods is fun — if you are careful. Here are some tips to keep you safe.

PACKING BASICS

Before you leave, pack these few important things to make your trip more comfortable and safe:

- map of the area
- compass or GPS (learn how to use it beforehand)
- cell phone (though you can't be sure it will work in remote areas)
- whistle
- bottled water and food
- sleeping bag
- flashlight with extra batteries
- sunscreen and sunglasses
- waterproof matches (for an adult to bring)
- first-aid kit with gauze pads, adhesive bandages, tape, tweezers, and antiseptic
- waterproof tent (set it up beforehand to practice)
- warm clothing, clean socks, and rain gear

INTO THE WOODS

Staying safe in the woods means using common sense. That means being aware of your surroundings and always camping with an adult. Never go into the woods by yourself. Some things you need to be careful of while you're camping are insects, poison ivy, extreme hot or cold temperatures, rain or snow, and areas where you could trip or fall.

BUGS

If insects bug you, ask an adult to set up camp away from the water and build a small fire. The water attracts bugs, and the smoke from the fire will keep most of the bugs away. Another thing you can do is to remember to keep the tent door zipped at all times, even if you're just going in or out for a minute. Also, turn off your flashlight

before you enter your tent because insects such as moths are attracted to the light and will follow you.

Always check for ticks at the end of the day when you've been in the woods. Ticks can carry disease and germs. Some ticks are tiny, like the size of the head of a pin! You'll want an adult to help you inspect your body for ticks. Check behind your knees and ears, under your arms, and in your groin — that's where your legs meet your abdomen, or belly area. If you're camping with a pet, have an adult check your pet for ticks, too — dogs and cats can pick up ticks in their fur even more easily than humans. If you do find a tick, it needs to be removed. Get an adult to help you.

POISON IVY

Poison ivy is a plant that can cause an itchy skin rash in some people. Its leaves grow in groups of three, but the plant can still be hard to spot. If you accidentally touch poison ivy, wash the area with soap and water as soon as possible. The oil from the poison ivy plant can spread on clothes or even your dog. To try to prevent a poison ivy rash, there are products you can apply to your skin before going into the woods. Stores that sell outdoor equipment and sporting goods may carry them.

STAYING SAFE OUTDOORS

Your Campsite

Roasting marshmallows and singing songs by an open fire are favorite camping activities. Adults, not kids, should start campfires. Adults also need to watch the fires and make sure they are out when you're done. Never leave a fire without anyone to watch it. Don't forget to put out your fire by dumping water or shoveling dirt on it when you sleep or leave your campsite. Feel the ground around the area where the fire was to make sure it isn't warm.

Your Food and Water

When you're exploring outdoors, eat or drink something only if an adult says it is

safe. Even if streams or lakes look crystal clear, they could contain germs and the water may not be safe to drink. Bring bottled water to drink. Likewise, never eat wild berries. Some are poisonous and it may be tough to know which are safe. Good snacks for the outdoors include fruit, trail mix, crackers, granola bars, bread, and peanut butter.

Your Clothing

Wearing layers is a good idea when you're outdoors. That way, you can take off a layer or two if you get too warm. Wear comfortable boots when hiking so your ankles are supported and you don't get blisters. Keep your arms and legs covered while hiking to avoid ticks and insect bites and wear knee-high boots and long pants when you are in an area with snakes. Make sure to take rain gear, such as ponchos and waterproof jackets, to keep you dry if an unexpected shower occurs.

Watch Out for Wildlife

Although animals are cute to look at, wild animals are best enjoyed from far away. Don't go near or try to feed a strange animal. It's better to enjoy these animals at the zoo, in books, or on the Internet. To keep animals such as bears or wolves away from your campsite, keep it clean. Food and anything else an animal might smell must be packed away. In fact some campers put all their food, even candy bars, in a bag (called a "Bear Bag") and hang it from a tree branch away from the campsite. If they can smell it, the animals will be led away from where the campers are.

What if You Get Lost?

Stick with your group when you're in the woods. Carry a whistle and blow it if you get separated from the group. If you have a cell phone and it's working, use it to make contact with your group. If you do get lost, wait in a safe, sheltered place for an adult to find you. The sooner you're found, the sooner you can go back to having fun in the great outdoors!

Reviewed by: Steven Doushen, MD Date reviewed: June 2011

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation



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